

COBrownGravy180

Number of Servings: 180 (60.85 g per serving)

Amount	Measure	Ingredient
29.00	oz	Margarine, 80% fat, unsalted, stick
7 3/4	tsp	Spice, onion, pwd
5 1/2	tsp	Spice, pepper, black
7 3/4	tsp	Herb, marjoram, leaves, ground
5 1/2	tsp	Herb, thyme, ground
2 3/4	qt	Flour, all purpose, white, bleached, enrich
11.00	qt	Broth, beef, clear, rducd sodium, rts, cnd

Nutrients per serving

Nutrition Facts	
Serving Size (61g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 212F for 1-2 minutes until thickened

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Melt margarine. Stir in spices and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth.

Cook stirring constantly until thickened.

Serve 2 oz (1/4 cup) per serving

1 serving = 0 CS unless more than 1/4 cup is served.